

WESTPORT CENTER FOR SENIOR ACTIVITIES

SUMMER 2023
July, August, September

COURSE CATALOG

21 Imperial Avenue
Westport, CT 06880

Phone: (203) 341-5099

Fax: (203) 341-1187

Email:

seniorcenter@westportct.gov

Website:

www.westportct.gov/seniorcenter

Search us on Facebook by typing in:
Westport Senior Center or by
clicking:



Greetings and Happy Summer!

Our Summer courses will begin on Monday, July 10. For the week of July 3, we are planning some special programs, events, and one day workshops, so please watch for the July Special Monthly Program Calendar which comes out on June 8. (As a reminder, we are closed on Tuesday, July 4 and Monday, September 4.)

For a description of the courses offered and more about our instructors, please visit the [Class Description and Instructor Biographies Summer 2023 Catalog](#). If you have any questions about the registration process, please feel free to call the WCSA at (203) 341-5099.

Wishing you a wonderful Summer Semester and we hope to see you soon!

Wendy, Holly, Jason, Denise, Felicia, Paulina, Jenny, Lawrie and Bobby

Our July Special Programs Calendar will be coming in mid-June. Please keep your eyes peeled!

REGISTRATION – SUMMER 2023

**Registration for the Summer Quarter (July through September)
will begin for Westport residents on Monday, June 12.
Out-of-town registration will begin on Tuesday, June 20.**

On the following pages, you will see a list of classes offered and their locations. Some classes will be offered in-house and hybrid, while others will be listed as Zoom only. Registration (please see instructions below) is available online at [MyActiveCenter.com](https://www.MyActiveCenter.com), by calling the WCSA at (203) 341-5099, Monday – Friday from 8:30 AM to 4:30 PM, or by mailing in your registration form with a check made out to the WCSA. The WCSA also has a locked drop box to the right of the front door where you can drop off your registration form and check. Please note: A \$10.00 late fee may be added for anyone registering after June 30 for any class that runs more than four weeks in length. **Changing or switching classes will not be allowed after the second class has met.** A 2023 Fitness Waiver is required for any exercise class and can be found on our [website](https://www.westportct.gov/seniorcenter) (www.westportct.gov/seniorcenter). Scholarship requests for Westport residents are available at the front desk. All scholarship inquiries will be kept confidential. **If you have any questions regarding registration, please feel free to call the WCSA at (203) 341-5099.**

How to Register for Programs Online

WCSA Phone Directory

Main Number: (203) 341-5099
(answering machine after-hours)

Wendy Petty, Director:
(203) 341-5098

**Holly Betts, RD, Assistant
Director:** (203) 341-5096

**Jason Wilson, Program
Specialist:** (203) 341-1066

**Paulina Przybysz, Nutrition
Program and Hello Neighbor
Coordinator:** (203) 341-5097

Kaila Morgan, Social Worker:
(203) 341-1068

**Denise Puskas, Administrative
Assistant:** (203) 341-5095

**Felicia Smith, Administrative
Assistant:** (203) 341-5099

Jenny Townsend, Staff Support:
(203) 341-5099

MyActiveCenter is an easy-to-use, secure software program that senior centers across the U.S. use to manage their different programs. With a MyActiveCenter account, you will be able to sign up for classes and special programs online. Each participant of the WCSA will be issued their own login ID/key tag number. If you register online, you will pay for your classes and programs with a credit card. There is a convenience fee of 3.05% to use a credit card. **To obtain your MyActiveCenter login ID/key tag number, please contact Felicia Smith, Administrative Assistant, by email at: FSmith@westportct.gov or by phone at (203) 341-5099.** The link for MyActiveCenter is [MyActiveCenter.com](https://www.MyActiveCenter.com).

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NEW CLASSES AND PROGRAMS

Pre-registration is required online for all events and activities at MyActiveCenter.com or by calling the WCSA at (203) 341-5099.

Just for Men Discussion Group

Thursday, July 13, August 10 and September 14

This men's group will be a forum for discussion with Dr. Paul Epstein. Personal stories will remain strictly confidential. Discussion topics for future dates will be sent out before each meeting.

Facilitator: Dr. Paul Epstein. Time: 1:00 to 2:00 PM.

Friday Afternoon Movie Series: A Tribute to Paul Newman

Friday, July 14, August 11 and September 15

The WCSA presents three Paul Newman movies this summer to honor our famous resident!

July 14: *Rally Round the Flag, Boys* (1958), **August 11:** *The Hustler* (1961), and **September 15:** *The Verdict* (1982).

Time: 1:00 to 3:00 PM.

Fundamentals of Landscape Painting

Wednesday, July 19 to August 23

Have you ever wondered how painters achieve such realistic or atmospheric clouds, mountains, or other natural elements? In this class, Instructor Penny Pearlman and participants will focus on the individual aspects of how to create landscapes that evoke a mood. Depending on the weather, we may take our paints and canvases out to various locations around Westport and paint en plein air!

Instructor: Penny Pearlman. Time: 10:30 AM to 12:00 PM. Cost: \$30.00.

History Lecture Series: Vindolanda – Life On the Furthest Reach of the Empire

Thursday, August 10 to August 31

Before there was the Britain of Winston Churchill, Elizabeth I, Richard the Lionheart, and Alfred the Great, there was the Britain of the Romans. In this series, Historian Bill Preinitz will discuss:

August 10: A brief history of Rome and Roman Britain; **August 17:** At the limits of the empire – Hadrian's Wall; **August 24:** Life in a frontier fort – Vindolanda; **August 31:** Letters from the edge of Empire Vindolanda.

Instructor: Bill Preinitz. Time: 1:00 to 3:00 PM.



NEW CLASSES AND PROGRAMS

Painting Realism

Wednesday, August 30 to September 20

This course will help students compose a well-designed painting. Instructor Cindy Wagner will teach accurate drawing with paint, will help and interpret value and color relationships and will give students an organized method to mix the correct color and value, resulting in three-dimensional forms and paintings with atmosphere. All levels are welcome. Students may work from a photograph of still life, landscape, or portrait and may also set up their own still life. The class will begin with a short instruction or demonstration. The course will be atelier, with each student working on their own project at their own level. Oil paint or acrylic paint may be used.

Instructor: Cindy Wagner. Time: 1:30 to 3:30 PM. Cost: \$20.00.

Shakespeare Discussion Group Series

Monday, July 10, September 11

William Shakespeare is arguably the most famous crafter of words in the English language. Join us as we engage in a lively discussion of *Antony and Cleopatra* and *All's Well That Ends Well*. Shakespeare Scholar Diane Lowman will lead the group in a spirited group exploration.

Participants are asked to bring their own copy of each play to the class. *Please note: This is not a lecture series – participants should have at least some familiarity with each play.*

Instructor: Diane Lowman. Time: 10:30 AM to 12:00 PM. Cost: \$10.00.



**The WCSA will be closed on Tuesday,
July 4 for the Independence Day Holiday.**



**The WCSA will be closed on Monday, September 4
for the Labor Day Holiday.**

ONE-DAY SUMMER WORKSHOPS

Reading and Performing Shakespeare Soliloquies

Thursday, July 20

Come celebrate all things Shakespeare with Instructor Diane Lowman! Exercise your acting chops and savour the flavour of Elizabethan England. We will recite and discuss some (in)famous scenes from the Bard's plays. To end the day, Assistant Director Holly Betts will discuss some of the foods mentioned in Shakespeare's plays and we will taste a Possett pudding that is mentioned in the play, *The Merry Wives of Windsor*.

Instructor: Diane Lowman. Time: 10:00AM to 3:30 PM. Cost: \$20.00. (The class will break for lunch. Lunch is not included. You may sign up for lunch in Sue's café or bring your own.)

Mastering the Masters – Mary Cassatt

Tuesday, August 8

Join Chris Goldbach for Mastering the Masters, an in-house workshop that allows those at any art level to gather, have fun and grow. The workshop begins with a video or slide presentation discussing techniques or special effects that the artist used. Participants can choose to copy an actual painting of the artist or paint in a similar style. Students supply their support (paper/canvas) and materials (paints/pastels/colored pencils/etc.). Any medium is welcome, with the key being to experiment and play.

Instructor: Chris Goldbach. Time: 10:00 AM to 3:15 PM. Cost: \$20.00. (The class will break for lunch. Lunch is not included. You may sign up for lunch in Sue's café or bring your own.)

Poetry Prompts

Thursday, September 7

Jack Powers, award-winning poet and former director of the Joel Barlow High School Writing Center, will teach a one-day workshop presenting strategies for generating original poems. No poetry experience is required.

Instructor: Jack Powers. Time: 10:00 AM to 2:30 PM. Cost: \$20.00. (The class will break for lunch. Lunch is not included. You may sign up for lunch in Sue's café or bring your own.)

SUMMER



SUMMER SOCIALS



Heather Hardy Night Tuesday, July 11

The Friends and the WCSA are co-sponsoring a southwestern cuisine dinner with entertainment provided by returning favorite Heather Hardy. Enjoy grilled chicken, southwestern garden salad, cornbread, and watermelon. Heather is known for her exceptional skills on the violin and is a native of Westport who lives in Arizona, where she was inducted into the Arizona Blues Hall of Fame. Heather attended the Manhattan School of Music and formed the Lil' Mama Band in 1998. She freelances throughout the New York area, where she is a sought-after musician and vocalist influenced by Claude Williams, Gatemouth Brown, Papa John Creach, and Jimi Hendrix.

Time: 5:00 to 7:00 PM. Suggested donation: \$10.00.

National Ice Cream Day Celebration! Friday, July 21

The Friends and the WCSA will be co-hosting the Emergency Ice Cream Truck and "Name That Tune" music challenge. Enjoy a variety of ice cream flavors and toppings!

Time: Ice Cream Truck—1:00 to 2:00 PM. Music Trivia—2:00 to 3:00 PM.

Lobster and Clam Bake Thursday, August 24

The Friends and the WCSA bring you our annual Lobster and Clam Bake dinner! Enjoy an entrée choice of steamed lobster, steak, or chicken. All meals include mussels, steamers, garden salad, corn-on-the-cob, baked potato, dinner roll, watermelon, and beverages. Musician Warren Bloom will provide entertainment. **Space is limited, so please reserve your space early!**

Time: 5:00 to 7:00 PM. Cost: \$35.00.

Thursday Night Social at the Bigelow Senior Center: Pepe's vs. Sally's Pizza! Thursday, September 7

The Bigelow Senior Center in Fairfield and the Westport Center for Senior Activities are co-sponsoring a tribute to New Haven pizza. The Bigelow Center and the WCSA will conduct a blind taste test of two of New Haven's famous pizza joints: Sally's and Pepe's. After the taste test, we will show the PBS documentary, *Pizza, A Love Story*, with Lyle Lovett, Henry Winkler, Rick Nielsen, Dave Portnoy, and the owners of Pepe's, Sally's and Modern Pizza. (80 min.)

Time: 5:00 to 7:00 PM. Cost: \$5.00 per person. Space is limited to 45 guests.



WEEKLY PROGRAMS

"Ask Kaila"

Social Worker Kaila Morgan, M.S.W. for the Town of Westport Department of Human Services will be available by appointment at the WCSA on **Tuesdays and Thursdays from 8:30 AM to 3:30 PM** to offer assistance and resources regarding community services, as well as potential state, federal and town benefits. Before coming to the Town of Westport, Kaila worked as a Care Manager at the Agency on Aging, provided crisis and social work interventions in an emergency hospital setting, and served as a paraprofessional at Fairfield Public Schools. She has experience in providing in-home services to families, providing clinical support to clients to encourage self-sufficiency and independence, counseling, functional and financial assistance assessments, and developing care plans. Kaila received her Bachelor of Science degree in Psychology from Sacred Heart University, and a Master's degree in Social Work at Southern Connecticut State University.



BINGO

Join **Volunteer Doug Brill** for in-house BINGO **every Thursday from 1:15 to 3:00 PM**. The cost is .05 cents per card, per game. Please remember to bring your nickels!

Channel 79 – Exercise with Patty Kondub!

Join Patty on Westport's Public Access T.V. Channel 79 (Optimum) and Channel 6020 (Frontier) for a workout to music including chair, standing and posture exercises, balance, brain-building and memory games. Weights or a pillow may be required. **Fridays from 10:00 to 11:00 AM**. Note: Westport Public TV Access Channel 79 broadcasts to Westport households only. Out-of-town seniors can watch Patty's program on the Westport Town [website](https://bit.ly/3B6NBle) (<https://bit.ly/3B6NBle>) on **Fridays at 10:00 AM**.

Current Events

Facilitator Jon Fox leads a dynamic, interactive discussion on issues throughout the world and happenings right here in Westport. Feel free to express your opinion in a safe and respected atmosphere.

Tuesdays from 10:15 AM to 11:45 PM.

Free Documentaries

The current month's documentaries can be found in our weekly email newsletter and in the flyer rack at the WCSA. **Each documentary starts at 2:30 PM on Wednesdays.**

Knit and Crochet for Fun and Fashion

Please join **Jean Handy and Susan Battersby** on **Wednesdays from 1:00 to 3:00 PM** for knitting and crocheting for fun and fashion. Our Wednesday craft group welcomes people of all abilities, from beginners to advanced levels. Bring your project and join the group!



WEEKLY PROGRAMS

Knit One Nibble One

Come knit a healing shawl for men and women diagnosed with cancer. These cozy shawls provide a "hug" to people battling this disease. A tote bag with yarn, needles, and directions is available to purchase for \$25.00, if needed. This program is a perfect first project for beginners. Experienced knitters can create their own patterns. Experienced crocheters are welcome to bring a size 13 (N) hook.

Every Tuesday from 1:00 to 3:00 PM. Instructor: Ellen Lane.

Open Art

The WCSA's art rooms will be available for artists to work on their projects and collaborate with others. With social distancing requirements still in effect, there will be limited space. **Please see schedule posted on the art room doors for availability.** No drop-ins are allowed. **Pre-registration is required for Open Art.**

Tech Help

Local students are available afternoons to assist with your device questions, such as signing in, password reset, and downloading and uploading files. Bring your laptop, tablet, or phone!

Please call the WCSA at 203-341-5099 to schedule an appointment.

The WCSA YouTube Channel Offers Classes, Concerts & Programs



Check out the WCSA YouTube channel featuring fun and educational activities. Unlike Zoom, you only need Internet access to participate in various complimentary classes, documentaries, and fun activities. Many of the Friday afternoon Friends' concerts and other past programs can be found on our YouTube channel. You'll recognize our instructors, including **Shelley Moll with Aerobic Chair class, Ruth Sherman with Parkinson's Fitness, and Dr. Paul Epstein with Mindful Meditation.**

Simply click on the link below, which will take you to the WCSA's YouTube channel. Once there, click on "Playlist" to see our offerings. **WCSA YouTube Channel:** <https://bit.ly/3eGnAPR>. You can also access YouTube by typing www.youtube.com.

Please join us for lunch in our café, Monday through Friday, from 12:00 to 1:00 PM. The meals are delicious and the company is even better!

You may pick up a monthly menu at our front desk.



HEALTH AND WELLNESS

Ask the Nurse and Blood Pressure Screening

Tuesday, July 11 and 25, August 8 and 29, September 12 and 26

A registered nurse from Waveny Visiting Nurse and Hospice will be at the WCSA for free blood pressure and depression screenings and medication management and to answer any questions you may have.

Time: 9:30 to 11:00 AM.

Caregiver Support Group

Wednesday, July 12 and 26, August 9 and 23, September 13 and 27

The Southwestern CT Agency on Aging (SWCAA) is co-sponsoring a caregiver support group. Terry Giegengack, M.A., will lead the group on Zoom. Terry's professional experiences include casework and administrative positions in Westport and Fairfield's Departments of Human Services. This program meets on the second and fourth Wednesday of the month. **Please contact Assistant Director Holly Betts at 203-341-5096 or via email: hbetts@westportct.gov to register. Time: 10:00 to 11:00 AM.** This support group is offered through a grant from the Southwestern Connecticut Agency on Aging (SWCAA).

CHOICES: Medicare Counseling

CHOICES helps Connecticut's older adults with Medicare understand their insurance plans and healthcare options. Volunteers will provide information on Medicare, Medigap, Medicare Managed Care, Medicaid, Long-Term Care Insurance and other related state & federal programs. The WCSA has CHOICES volunteers for virtual appointments only.

Please call (203) 341-5099 to schedule a virtual appointment.

Early Onset Alzheimer's Support Group

Tuesday, July 11, August 8 and September 12

Early-stage support groups aim to provide a safe and supportive environment for peers living in the early stages of Alzheimer's Disease or related dementia and their care partners. This group offers dementia-related education, emotional support, and connections with resources so that the group members may enhance their lives in the midst of the disease. This group is NOT for caregivers; it is for people living with Alzheimer's or other dementia and in the early stage of the diagnosis.

Time: 11:00 AM to Noon. To register, please contact Heather Gately of Home Instead Senior Care at (203) 833-9924.

Hearing Screenings with Alex Wolfe

Wednesday, July 12, August 16, and September 13

A.A. Hearing Aid Center provides free hearing screenings and hearing aid care once a month at the WCSA. Alex is a licensed hearing instrument specialist. **Appointments are from 9:00 AM to Noon. To make an appointment for any of these services, please call the WCSA at (203) 341-5099.**

HEALTH AND WELLNESS

Just for Men Discussion Group

Thursday, July 13, August 10, and September 14

This men's group will be a forum for discussion with Dr. Paul Epstein. Personal stories will remain strictly confidential. Discussion topics for future dates will be sent out before each meeting.

Facilitator: Dr. Paul Epstein. Time: 1:00 to 2:00 PM.

Just For Women Discussion Group

Thursday, July 20, August 17, September 21

This women's group will be a forum for discussion with Sandy Dressler-Berman. Personal stories will remain strictly confidential. Discussion topics for future dates will be sent out before the meeting.

Facilitator: Sandy Dressler-Berman. Time: 2:00 to 3:00 PM.

Letting Go of Stress Discussion Group

Wednesday, July 5, August 2, September 6

Stress and tension take a toll on the body and mind, but you can learn to let go and relax. In this class, you will be guided through proven stress techniques, including mindfulness, breathing, and guided imagery, to experience a state of deep relaxation.

Facilitator: Diane Lowman. Time: 1:30 to 2:30 PM.

Mindfulness – Be Here Now

Thursday, August 24 through September 28

Attain peace, health, and happiness through mindfulness meditation. How to Oo without the Vey! Transform stress, pain, and illness into a journey of self-healing and awakening.

Facilitator: Dr. Paul Epstein. Time: 11:00 AM to 12:00 PM.



PARKINSON'S PROGRAMS

Caregiver Support Group

Wednesday, July 12 and 26, August 9 and 23, September 13 and 27

The Southwestern CT Agency on Aging (SWCAA) is co-sponsoring a caregiver support group. Terry Giegengack, M.A., will lead the group on Zoom. Terry's professional experiences include casework and administrative positions in Westport and Fairfield's Departments of Human Services. This program meets on the second and fourth Wednesday of the month. **Please contact Holly Betts, Assistant Director, at 203-341-5096 or via email: hbetts@westportct.gov to register. Time: 10:00 to 11:00 AM.** This support group is offered through a grant from the Southwestern Connecticut Agency on Aging (SWCAA).

Parkinson's Boxing

Thursday, July 13 through September 28

This exercise class is designed for people who have been diagnosed with Parkinson's disease. Intense and high-energy workouts appear to dramatically improve physical health, daily functioning, and quality of life. You'll work with medicine balls and agility ladders and learn different boxing techniques. Participants may be required to bring a spotter with them. Hand wraps may be purchased for \$13.00 each.

Instructor: Dan Lewis. Time: 2:00 to 3:00 PM. Cost: \$60.00.

Parkinson's Fitness

Wednesday, July 5 through September 20

This class will meet **every Wednesday from 10:15 to 11:00 AM**, except for the 4th Wednesday of the month when the Parkinson's Support Group will meet. Instructor Ruth Sherman will lead the exercise class through balance, stretch, and weight-bearing exercises.

Instructor: Ruth Sherman. No charge. No class: July 26, August 23 and September 27.

Parkinson's Support Group

Wednesday, July 26, August 23, September 27

This group will share challenges, techniques, support, and knowledge on Parkinson's disease. Professional guest speakers are often invited to share their knowledge. Family and caregivers are welcome. This group meets on the 4th Wednesday of the month.

Facilitator: Diane Bosch, RN. Time: 10:15 to 11:00 AM.



CLASS LIST FOR SUMMER 2023

The WCSA is pleased to offer classes on Zoom, hybrid and in-person! To register for any of the classes listed below, we offer online registration at www.MyActiveCenter.com or call us at (203) 341-5099 during business hours, M-F, 8:30 AM to 4:30 PM. Class descriptions are available on the WCSA website: (www.westportct.gov/seniorcenter).

The Arts Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
3-D Origami & Traditional Origami Wednesday, 10:00 AM to Noon	\$10	Nor Smitobol	7/12-9/27	In-house	12	Unlimited	
Abstract Art Monday, 1:30 to 3:30 PM	\$55	Althea Ericsson	7/10-9/25	In-house	11	12	9/4
Composing Abstract Landscapes Monday, 10:00 AM to Noon	\$20	Maj Kalfus	7/17-8/7	In-house	4	12	
Creating Your Own Artistic Vision Thursday, 1:00 to 3:00 PM	\$60	Chris Goldbach	7/13-9/28	Zoom	12	20	
Drawing From Nature, Session 1 Tuesday, 1:00 to 3:00 PM	\$25	Dick Rauh	7/11-8/15	Zoom	5	18	7/25
Drawing From Nature, Session 2 Tuesday, 1:00 to 3:00 PM	\$30	Dick Rauh	8/22-9/26	Zoom	6	18	
Drawing, Mixed Levels Thursday, 4:00 to 6:00 PM	\$60	Chris Goldbach	7/13-9/28	Zoom	12	20	
Fundamentals of Landscape Painting Wednesday, 10:30 AM to Noon	\$30	Penny Pearlman	7/19-8/23	In-house	6	12	
Intermediate & Advanced Watercolor Tuesday, 10:30 AM to Noon	\$20	Kathleen Burke	7/11-8/1	In-house	4	10	
Knit One Nibble One Tuesday, 1:00 to 3:00 PM	\$0	Ellen Lane	7/11-9/26	In-house	12	12	
Mastering the Medium of Your Choice Friday, 1:30 to 3:30 PM	\$50	Linda McKie- McClellan	7/14-9/29	In-house	10	12	8/18, 9/1
Open Art Tuesday, 10:00 AM to Noon	\$0	No Instruction	8/8-9/26	In-house	8	10	
Open Art Thursday, 10:00 AM to Noon	\$0	No Instruction	7/11-9/26	In-house	12	10	
Painting Realism Wednesday, 1:30 to 3:30 PM	\$20	Cindy Wagner	8/30-9/20	In-house	4	12	
Sing-Along with Holly Thursday, 11:15 AM to Noon	\$0	Holly Betts	7/6, 7/20, 8/3, 8/17, 9/7, 9/21	In-house	6	14	

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The Arts Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
Stained Glass Instruction Friday, 10:00 AM to Noon	\$10	Nor Smitobol	7/14-9/29	In-house	12	6	
Ukulele, Intermediate Level Tuesday, 12:30 to 1:30 PM	\$60	Uncle Zac	7/11-9/26	In-house	12	10	
Writing Our Seasons Monday, 1:00 to 3:00 PM	\$35	Diane Lowman	7/10-9/25	In-house	7	10	No class in August, 9/4

Discussion Groups Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
Current Events Tuesday, 10:15 to 11:45 AM	\$0	Jon Fox	7/11-9/26	In-house	12	25	
Shakespeare Discussion Group Monday, 10:30 AM to Noon	\$10	Diane Lowman	7/10, 9/11	In-house	2	12	

Exercise Classes Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
Boxing Tuesday, 2:00 to 3:00 PM	\$60	Dan Lewis	7/11-9/26	In-house	12	10	
Boxing Tuesday, 3:00 to 4:00 PM	\$60	Dan Lewis	7/11-9/26	In-house	12	10	
Boxing, Parkinson's Thursday, 2:00 to 3:00 PM	\$60	Dan Lewis	7/13-9/28	In-house	12	10	
Brain, Body & Balance Tuesday, 11:15 AM to 12:15 PM	\$55	Paula Pastorelli- Schooler, RN	7/11-9/26	In-house	11	18	9/12
Cardio Strength Friday, 9:30 to 10:30 AM	\$55	Shelley Moll	7/14-9/29	Hybrid	11	30 In-house	9/1
Chair Aerobics Tuesday, 9:30 to 10:15 AM	\$36	Shelley Moll	7/11-9/26	In-house	12	35	
Chair Aerobics Thursday, 9:30 to 10:15 AM	\$36	Shelley Moll	7/13-9/28	In-house	12	35	
Dance & Stretch Tuesday, 1:00 to 2:00 PM	\$40	Kristine Bingham	7/11-9/26	In-house	8	14	8/8-8/29

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Exercise Classes Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
Essentrics, Gentle Stretch Monday, 11:30 AM to 12:30 PM	\$50	Dyan DeCastro	7/10-9/25	Hybrid	10	10 In-house	8/21, 9/4
Exercise for Body Awareness Wednesday, 1:00 to 2:00 PM	\$0	Ruth Winnick	7/12-9/27	In-house	12	12	
Fit Mix-Up Wednesday, 11:30 AM to 12:30 PM	\$60	Shelley Moll	7/12-9/27	In-house	12	10	
Functional Fitness Monday, 10:30 to 11:30 AM	\$50	Shelley Moll	7/10-9/18	In-house	10	10	9/4
Functional Fitness Monday, 11:30 AM to 12:30 PM	\$50	Shelley Moll	7/10-9/18	In-house	10	10	9/4
Functional Fitness Monday, 12:30 to 1:30 PM	\$50	Shelley Moll	7/10-9/18	In-house	10	10	9/4
Functional Fitness Tuesday, 9:00 to 10:00 AM	\$60	Judy Samuels	7/11-9/26	In-house	12	10	
Functional Fitness Tuesday, 11:00 AM to Noon	\$60	Judy Samuels	7/11-9/26	In-house	12	10	
Functional Fitness Wednesday, 10:30 to 11:30 AM	\$60	Shelley Moll	7/12-9/27	In-house	12	10	
Functional Fitness Wednesday, 12:30 to 1:30 PM	\$60	Shelley Moll	7/12-9/27	In-house	12	10	
Functional Fitness Wednesday, 2:00 to 3:00 PM	\$60	Karen Liss	7/12-9/27	In-house	12	10	
Functional Fitness Thursday, 8:45 to 9:45 AM	\$60	Judy Samuels	7/13-9/28	In-house	12	10	
Functional Fitness Thursday, 10:00 to 11:00 AM	\$60	Judy Samuels	7/13-9/28	In-house	12	10	
Functional Fitness Thursday, 11:00 AM to Noon	\$60	Judy Samuels	7/13-9/28	In-house	12	10	
Functional Fitness Friday, 10:30 to 11:30 AM	\$55	Shelley Moll	7/14-9/29	In-house	11	10	9/1
Functional Fitness Friday, 12:30 to 1:30 PM	\$60	Karen Liss	7/14-9/29	In-house	12	10	
Functional Fitness Friday, 1:30 to 2:30 PM	\$60	Karen Liss	7/14-9/29	In-house	12	10	

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Exercise Classes Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
K-Fit Strength & Core (SWCAA) Monday, 10:00 to 11:00 AM	\$0	Patty Kondub	7/17-9/25	In-house	10	24	9/4
K-Fit Strength & Core (SWCAA) Thursday, 9:30 to 10:30 AM	\$0	Patty Kondub	7/27-9/28	In-house	10	14	
Mind & Muscle (SWCAA) Wednesday, 1:00 to 2:00 PM	\$0	Patty Kondub	7/26-9/27	In-house	10	24	
Muscle & Tone Tuesday, 10:00 to 11:00 AM	\$60	Judy Samuels	7/11-9/26	In-house	12	12	
Muscle & Tone Friday, 11:30 AM to 12:30 PM	\$60	Karen Liss	7/14-9/29	In-house	12	12	
Open Gym Mon/Wed/Fri, 8:30 to 10:00 AM	\$25	Staff/Dan Lewis	7/10-9/29	In-house	34	24	9/4
Parkinson's Fitness Wednesday, 10:15 to 11:00 AM	\$0	Ruth Sherman	7/12-9/20	In-house	9	24	7/26, 8/23
Pilates Mat for Strength & Flexibility Monday, 2:15 to 3:15 PM	\$55	Charlene Erwin	7/10-9/25	In-house	11	10	9/4
Pilates Mat for Strength & Flexibility Tuesday, 10:30 to 11:30 AM	\$60	Charlene Erwin	7/11-9/26	In-house	12	18	
Pilates Mat for Strength & Flexibility Wednesday, 2:45 to 3:45 PM	\$60	Charlene Erwin	7/12-9/27	In-house	12	10	
Pilates Mat for Strength & Flexibility Thursday, 10:30 to 11:30 AM	\$60	Charlene Erwin	7/13-9/28	In-house	12	18	
Strength Training Monday, 1:00 to 2:00 PM	\$55	Jill Franke	7/10-9/25	In-house	11	10	9/4
Strength Training Friday, 10:00 to 11:00 AM	\$20	Debra Cardamone	9/8-9/29	In-house	4	10	
Strength, Stretch & Core Monday, 2:00 to 3:00 PM	\$55	Beth Dalen	7/10-9/25	In-house	11	10	9/4
Strength, Stretch & Core Thursday, 2:15 to 3:15 PM	\$60	Beth Dalen	7/13-9/28	In-house	12	10	
Tai Chi, Advanced Tuesday, 2:30 to 3:30 PM	\$60	Mari Lewis	7/11-9/26	Hybrid	12	12 In-house	
Tai Chi, Advanced Friday, 11:15 AM to 12:15 PM	\$60	Mari Lewis	7/14-9/29	Hybrid	12	12 In-house	

CLASS LIST FOR SUMMER 2023

The WCSA is pleased to offer classes on Zoom, hybrid and in-person! To register for any of the classes listed below, we offer online registration at www.MyActiveCenter.com or call us at (203) 341-5099 during business hours, M-F, 8:30 AM to 4:30 PM. Class descriptions are available on the WCSA website: (www.westportct.gov/seniorcenter).

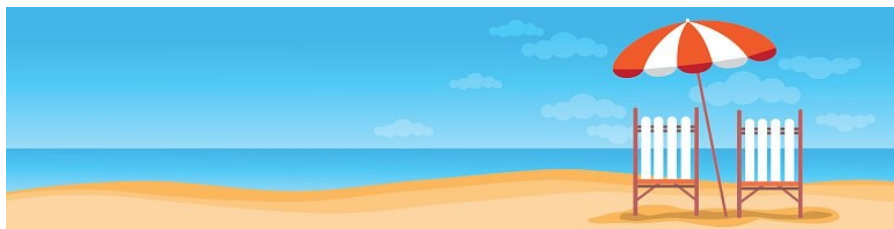
Exercise Classes Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
Tap Dancing Thursday, 1:00 to 2:00 PM	\$40	Kristine Bingham	7/13-9/28	In-house	8	12	8/10-8/31
Weights in Motion Monday, 9:30 to 10:30 AM	\$50	Shelley Moll	7/10-9/18	Hybrid	10	14 In-house	9/4
Yoga for Strength, Relaxation & Rejuvenation Saturday, 10:00 to 11:00 AM	\$50	Maria Vailakis- Wippick	7/15-9/30	Zoom	10	Unlimited	8/12, 9/2
Yoga for Well-Being Tuesday, 7:45 to 8:45 AM	\$60	Paula Pastorelli- Schooler, RN	7/11-9/26	Hybrid	12	12 In-house	
Yoga, Very Gentle Chair Saturday, 11:15 AM to 12:15 PM	\$50	Maria Vailakis- Wippick	7/15-9/30	Zoom	10	Unlimited	8/12, 9/2
Yoga for Total Health Monday, 8:45 to 9:45 AM	\$55	Denise O'Hearn	7/10-9/25	Hybrid	11	24 In-house	9/4
Yoga for Total Health Wednesday, 8:45 to 9:45 AM	\$60	Denise O'Hearn	7/12-9/27	Hybrid	12	20 In-house	
Yoga for Total Health Friday, 8:45 to 9:45 AM	\$60	Denise O'Hearn	7/14-9/29	Hybrid	12	8 In-house	
Zen Flow Wednesday, 9:30 to 10:30 AM	\$60	Shelley Moll	7/12-9/27	Hybrid	12	10 In-house	
Zumba Gold Wednesday, 10:30 to 11:30 am	\$60	Karen Liss	7/12-9/27	In-house	12	12	

CLASS LIST FOR SUMMER 2023

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Language and Games Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
BINGO Thursday, 1:15 to 3:00 PM	\$0	Doug Brill	7/6-9/28	In-house	13		
Bridge, Beginners Part 4 Monday, 1:30 to 2:30 PM	\$40	Diana Sussman	7/10-9/18	In-house	8	16	7/31, 8/7, 9/4
Bridge, Intermediate Wednesday, 2:30 to 4:00 PM	\$45	Michael Hess	8/2-9/27	In-house	9	28	
French, Conversational Wednesday, 10:30 AM to Noon	\$60	Nell Mednick	7/12-9/27	In-house	12	10	
French, Intermediate Wednesday, Noon to 1:30 PM	\$60	Nell Mednick	7/12-9/27	In-house	12	10	
Mahjong, Beginner/Intermediate Monday, 1:45 to 3:15 PM	\$50	Shelley Moll	7/10-9/18	In-house	10	28	9/4

Health/Wellness Summer 2023	Cost	Instructor	Dates	Location	Total Sessions	Class Limit	No Class Days
Alzheimer's Support/Early Onset Tuesday, 11:00 AM to Noon	\$0	Heather Gately	7/11, 8/8, 9/12	In-house	3		
Caregiver Support (SWCAA) Wednesday, 10:00 to 11:00 AM	\$0	Terry Giegengack	7/12, 7/26, 8/9, 8/23, 9/13, 9/27	Zoom	6	15	
Just for Men Discussion Group Thursday, 1:00 to 2:00 PM	\$0	Dr. Paul Epstein	7/13, 8/10, 9/14	In-house	3	18	
Just for Women Discussion Group Thursday, 2:00 to 3:00 PM	\$0	Sandy Dressler- Berman	7/20, 8/17, 9/21	Hybrid	3	15 In-house	
Letting Go of Stress Wednesday, 1:30 to 2:30 PM	\$0	Diane Lowman	7/5, 8/2, 9/6	In-house	3	15	
Mindfulness: Be Here Now Thursday, 11:00 AM to Noon	\$0	Dr. Paul Epstein	8/24-9/28	In-house	6	24	
Parkinson's Support Group Wednesday, 10:15 to 11:00 AM	\$0	Diane Bosch	7/26, 8/23, 9/27	In-house	3		





Westport Center for Senior Activities

Registration Worksheet Summer 2023

Registration for the Summer 2023 semester (July–September) can be done on MyActiveCenter.com, by calling the WCSA at (203) 341-5099, or by mailing or dropping off in our locked drop box, your completed registration form with a check made out to WCSA. If you register by phone or online, you must pay with a credit card at the time of purchase. Credit card transactions are subject to an additional convenience fee of 3.05%. Phone registrations will be available from 8:30 AM to 4:30 PM, Monday through Friday. Please do not leave your registration requests on the answering machine, as they will not be honored. *Please note: A \$10.00 late fee may be added for anyone registering after June 30 for any class that runs the entire semester.* Scholarships for Westport residents are available at the front desk. All scholarship requests will be confidential. **Changing or switching classes will not be allowed after the second class has met.**

<u>Class</u>	<u>Day(s)</u>	<u>Time(s)</u>	<u>Instructor</u>	<u>Fee</u>
				\$
LATE FEE:				
TOTAL PAYMENT DUE:				\$

Name: _____ Phone #: _____

Westport Resident? ____ Yes ____ No Date: _____

*Email address: _____

*Required for all online classes

Would you like to subscribe to our weekly Constant Contact listing upcoming events via e-mail?
 ____ Yes ____ No ____ Already registered

POLICIES AND PROCEDURES

Attending Programs at the WCSA

Any person who is 60 years or older may join the WCSA regardless of where they reside. A membership fee is not required. All new participants are required to complete an Intake Form with their name, address, birth date, email, phone numbers and emergency contact information in order to be added to our database. Participants must pre-register for all programs/classes/events prior to attending, including our daily lunches. Programs with a fee must be paid prior to the start of the program. A late fee of \$10.00 will be applied to any registration after the last day of the registration month. This applies to programs that run four weeks or longer. **If a senior participates in a fitness class at the WCSA, a fitness waiver must be signed.**

All participants will receive a key tag with a number and barcode on the back that is unique to them. Participants are required to check in using their key tag at the computer kiosks in the lobby each time they enter the building. In addition, participants may use the number on the back of the key tag to create a MyActiveCenter account. Instructions for how to register online can be found on page 2. Classes have limited space and Westport residents are given first priority to register one week prior to out-of-town residents.

The WCSA is a recreation/activity center. A senior must be independent to participate at the WCSA. They must be able to speak/hear, toilet, feed themselves and be able to get themselves from one program to another. If not, an aide or caregiver must accompany them to the WCSA. Our program staff will be happy to meet with the senior and their family/caregivers to advise them on appropriate programs.

WCSA Refund Policy

If a senior wishes to drop out of a class, the WCSA will offer a credit to their account and prorate it for the classes they did not attend. A refund will only be given if a senior has a doctor's note stating they are physically unable to participate in the program. If the WCSA cancels a program due to low registration or any other issue, the participant can request a credit or refund. Please note: refunds can take up to four weeks for processing. **Seniors cannot change or switch a class after it has met twice!**

